

LONDON metro®

\$7,000,000
estimated

LOTTO
649

**Tonight's
Jackpot**

SHOOTING FOR LAUGHS

DENZEL WASHINGTON
AND MARK
WAHLBERG TALK
ABOUT GOING FUNNY
IN THEIR NEW ACTION
COMEDY, 2 GUNS

PAGE 8



Mojo risin'

A Western University
student's athletic-
performance
supplement is coming
to a health-food store
near you

PAGE 2

Bradley Manning convicted

WikiLeaker is found guilty of
espionage and other
charges but acquitted of
aiding the enemy

PAGE 4

Armed and ready to teach

An Arkansas school district
is training staff to double as
security guards in the wake
of the Sandy Hook school
shooting

PAGE 5



GOING UP, WAY UP!

Fanshawe College's Centre for Digital and Performance Arts is starting to take on a fresh look as construction moves from inside the building to the public sphere. Workers spent part of Tuesday shaping the building's glass facade overlooking the Covent Garden Market. The centre, billed as the first phase of Fanshawe's downtown campus, is expected to welcome its first students in the fall.

ANGELA MULLINS/METRO

Did we say 350 jobs? Better make that 500

'Thought leadership.'
Medical-innovation
project could bring
even more jobs to the
Forest City



**MIKE
DONACHIE**
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Some say it's one of the most
important ideas in London's
history. And now, it seems, it's
even bigger than it looks.

Movers and shakers came
together this week to announce
a network to co-operate on
medical-science projects from
innovation to commercializa-
tion. Led by the city's hospitals
and Western University, officials
first said it would create
350 knowledge-based jobs if all
goes well.

But Dr. Michael Strong,
dean of Western University's
Schulich School of Medicine
and Dentistry, said that's a con-
servative estimate.

"I'm really comfortable
with the 350 because I think
we can hit that over time,"
Strong said on Tuesday. "But
I've had people say 400 to 500
over the lifetime of this project
would be a conservative esti-

Three paths to success

Dr. Michael Strong spoke of
three types of possible job
boosts to come

- London will attract well-educated people as leaders in the fields of medical research and related areas.
- The construction of a new research centre will mean

a temporary, but significant,
economic benefit of
\$75 million to \$80 million.

- The spinoff effect means secondary jobs will be created in manufacturing, administration and support services. That makes the innovation network a gift that keeps on giving.

mate. I would agree."

The idea behind the network, which city council approved sinking \$10 million into on Tuesday, is to make London a centre for medical innovation. Already, the city has seen world-class work in fields such as orthopedics and medical-imaging systems. The plan is to repeat that in lots of ways.

The experts working together at Western, London Health Sciences Centre, St. Joseph's Health Care London and the Lawson Health Research Institute want the city to become the go-to place for every stage of developing medical research.

Strong said it's the next stage of evolution in the Forest City's jobs market, which has

trouble finding highly skilled workers for positions that exist.

"We can help," he said. "It's not the whole puzzle, but it's a piece of it."

At city hall on Tuesday, Coun. Paul Hubert agreed. "We have to get it through our little skulls that this is about a radical transformation," he said. "It's about thought leadership."

He said the jobs involved will have enormous benefits. For instance, so many support workers will be needed that the impact will ripple deep into the community.

"This is where trickle-down economics actually works," he said. "All that cash flow really is going into the economy."

More council coverage, page 3

Western student helping athletes find their Mojo

MojoMax. From concept to commodity, Tim Brady's product is ready to hit shelves



SCOTT
TAYLOR

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A third-year Western student is on the fast track to success after signing a deal with a national manufacturer to have his product sold in stores across the country.

Tim Brady, a 22-year-old finance student, developed MojoMax, a natural, glutamine-based formula that helps athletes recover quicker from hard workouts.

It's fully approved by Health Canada, and Brady said several athletes are already using it.

Mixing a dash of business into his schedule is nothing new.

"Basically, I've always been an entrepreneur," Brady said. "In high school I had a water-filtration company."

With that company behind him, Brady was itching

Quoted

"I think it came from my parents. They're both entrepreneurs, and it must have rubbed off on me."

Tim Brady, on his inspiration for becoming an entrepreneur.

to start another business. He found his inspiration on the football field when training with the Western Mustangs.

"We each had our different products for after our workouts," Brady said. "The light-bulb moment came when one of the trainers said how easy it would be if we could combine all of them into one."

And so began his journey from concept to commodity, a team of scientists in tow. Like most, it would have its share of trials and errors, but with the dream of health-food shelves from coast-to-coast now so close, it's all been worth it.

"You find out quickly when you start a business, it all comes down to hard work," Brady said. "There's no substitute for it."

"I know how to grind away and pull the all-nighter here and there. It gets tough at times, but that's what separates who can make it happen versus who has the idea, but doesn't do anything with it."

Raw Materials Inc., the distributor that's now on board, is a like-minded company with similar beliefs and culture.

Brady stressed that much of the credit should go to BizInc, the student-business incubator at Western and Fanshawe College.

"MojoMax is an excellent showcase of the talent and potential we're seeing from Western and Fanshawe students at BizInc," BizInc director John Pollock said.



Western University student Tim Brady, 22, is ready to pump up athletes across the nation with his new product, MojoMax. SCOTT TAYLOR/METRO

LCBO. Restaurants upset by undiplomatic discount

Ontario's restaurant owners want the province's liquor agency to give them the same deep discounts it gives to diplomats.

The Liquor Control Board of Ontario last month started giving foreign embassies and consulates a 49 per cent discount on beer, wine and liquor prices. A so-called "embassy" discount — which also applies to federal-government purchases — was already in place, but the agency made its products even cheaper for this group starting June 23.

On Tuesday, a group representing Ontario's restaurants said the new discounts are

The savings

Under the new discounts for diplomats, a case of imported wine that costs ordinary consumers \$203.18 is priced at \$104.80, including HST and bottle deposit.

unfair when they have to pay full retail prices for alcohol.

In an open letter to the liquor board, Joyce Reynolds of the Canadian Restaurant and Foodservices Association calls the agency's pricing scheme an "insult" to hard-working business owners.

THE CANADIAN PRESS

Downtown Starbucks

Customers get an unexpected jolt

Customers at the Starbucks at Richmond and Dundas streets were startled out of their morning fog when a man wielding a crowbar smashed one of the windows, raining shards of glass inside and outside the coffee shop.

Police say no one was hurt and they don't know what prompted it.

A 52-year-old suspect was arrested nearby.

An officer on the scene said most customers never even left the lineup for java.

SCOTT TAYLOR/METRO

Music festival

Rock the Park brings in big cash

If you did some rocking over the weekend, you helped folks at Rock the Park do a lot of good for a lot of children.

The Harris Park rock-music festival raised more than \$306,000 this year for Bethany's Hope Foundation, bringing the total to more than \$1.8 million in the past decade.

The foundation was created by Londoners Lindsey and Dave McIntyre, whose daughter Bethany died of metachromatic leukodystrophy in 2000.

METRO

Fasting for charity

Event to mark end of Ramadan

The Muslim community is inviting people to join in a one-day fast to mark the end of Ramadan and raise money for charity.

People can participate in Fast a Day, Drive Hunger Away by making a \$50 donation to the Salvation Army and fasting from sun-up to sundown on Aug. 7. Participants will be treated to a meal from Paramount Fine Foods (769 Southdale Rd. E.) at sunset, expected at about 8:30 p.m., to mark the end of the holy month.

METRO

OPP investigation. Liberals lawyer up for gas-plant investigation

Premier Kathleen Wynne's governing Liberals have hired a prominent defence lawyer to help deal with the OPP police investigation into allegations that senior aides deleted emails about cancelled gas plants.

A source familiar with the topic said Bill Trudell — chairman of the Canadian Council of Criminal Defence Lawyers — would act on behalf of the Liberal aides as a facilitator. The aides served under Dalton McGuinty.

"Mr. Trudell has been retained to ensure that current staff members, who may be contacted (by police), are aware of their obligations and responsibilities, and work together with the OPP to facilitate their investigation," the source said.

Provincial police began their criminal investigation last month after the Tories complained about the de-

A look ahead

- Justice committee hearings into the gas-plant scandal, which focused on former London West MP and energy minister Chris Bentley, resume next week.
- The plants were cancelled at taxpayers' expense to save Liberal seats, the opposition parties say.

struction of emails by senior Liberal staff.

Their complaint came after Privacy Commissioner Ann Cavoukian reported that senior Liberals in McGuinty's office had deleted the emails and tried as late as this past January to permanently wipe email accounts from government databases.

THE CANADIAN PRESS

Horwath hits the hustings. NDP says Liberal tide changing in London West

Ontario NDP Leader Andrea Horwath was back in town on Tuesday as the clock ticked down to Thursday's byelection in London West.

This time, Horwath met with former Liberal supporters who say they're backing her party, and candidate Peggy Sattler, this time around.

The London West seat was previously held by Liberal Chris Bentley.

"People in this riding have voted Liberal in the past, but



Andrea Horwath
METRO FILE

they've had enough," Horwath said.

Ken Coran is representing the Liberals in the race. Ali Chahbar is the

Progressive Conservative candidate and Gary Brown is running for the Green party.

METRO

Londoner freed

Yoon in hiding with family: Amnesty International

An Amnesty International Canada official confirmed Tuesday that Aaron Yoon has gone into hiding with his family for a few days at an undisclosed location.

Foreign Affairs and RCMP officials are keeping details surrounding the Londoner's return home secret, including whether the government helped secure his release, paid for his plane ticket or even took him in

for questioning.

The 24-year-old spent 18 months in a Mauritanian jail after being convicted of terrorism-related ties. Last week, he was released nearly six months early and deported from the North African nation.

Federal officials won't even refer to Yoon by his name. When asked to explain the secrecy surrounding the case, a Foreign Affairs spokesperson would only speak off the record.

But that off-the-record information only outlined the government's regular policy and procedure on privacy.

TORSTAR NEWS SERVICE



Susan Hogarth, executive director of Neighbourhood Watch London, has said she's ready to move ahead after mass resignations and controversy at the city-funded non-profit. MIKE DONACHIE/METRO

Embattled group gets to keep funding

Qualified support.

Politicians agree to small payment, training to keep scandal-plagued Neighbourhood Watch London going



MIKE DONACHIE
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Neighbourhood Watch London won a big fight at city hall on Tuesday.

Council agreed to keep taxpayer dollars flowing to the non-profit, despite recent troubles and questions about actions taken by some

Funding

\$5,000

Amount of taxpayer money to be paid to Neighbourhood Watch London for now.

Extra

\$5,922

Organization's surplus.

former directors. The final decision from full council voted through the proposal.

Under the plan approved at committee, the organization won't get all the money it was expecting immediately. Instead, it will get only \$5,000 to pay its bills for now.

More funding will be released after new board members running the show

are trained by the Pillar Nonprofit Network.

The organization, which promotes community safety and co-ordinates volunteer patrols designed to cut crime, was due to receive \$96,000 from the city this year and has already been paid half of that.

The funding was in danger after internal conflicts, a vote of no confidence in the last board by volunteers

and the resignation of that board en masse.

Now, with new volunteers in place on the board, the city took a careful look at how the non-profit is funded.

Mayor Joe Fontana, who last week vowed not to pay any more money to Neighbourhood Watch until it was run properly, said the plan presented Tuesday was a careful approach.

"It would seem to me that this is prudent," he said. "It's taking one step at a time to make sure they get their new governance in place, and the new board of directors and new president have some sort of understanding."

Free parking saved for Kings U community

Free parking passes for people living near Kings University College were about to be torn up by the city.

But Tuesday night a U-turn at city council meant that not only will they survive, but another area could be added to the project.

The civic-works committee had agreed that residents

in the area of Waterloo, Huron and Richmond streets should have to pay \$60 a year to park outside their homes, ending a free scheme running for six years.

But a series of councillors at the full council meeting disagreed. Denise Brown said: "This is a program that's worked very well and I see no

reason to stop it."

She said people who pay their taxes should not have to pay a second charge to park in the street outside their homes. In agreement were councillors Nancy Branscombe, Bud Polhill and Joni Baechler, who talked of parking pressure near the college.

A motion to have a public-

participation meeting, which would open the way to ending the free passes, was lost by nine votes to three.

Then Branscombe put forward a motion to have a meeting on a scheme for the Trowbridge area, where there are similar problems. It was voted through unanimously.

MIKE DONACHIE/METRO

Bradley Manning convicted of spilling U.S. secrets to WikiLeaks

Faces up to 136 years. Private dodges serious and precedent-setting charge of aiding enemy

U.S. army Pfc. Bradley Manning was acquitted of aiding the enemy but was convicted on Tuesday of espionage, theft and other charges, more than three years after he spilled secrets to WikiLeaks.

Manning was convicted on 19 of 21 charges and faces up to 136 years in prison. His sentencing begins Wednesday.

The lead prosecutor, Maj. Ashden Fein, said Manning knew the material would be seen by al-Qaida, a key point the prosecutor needed to get a conviction of aiding the enemy. Even Osama bin Laden had some of the digital files at his compound when he was killed.

According to Daniel Ells-

berg — who in the early 1970s leaked the Pentagon Papers, which showed the U.S. government repeatedly misled the public about the Vietnam War — Manning's acquittal was more significant than his convictions.

He said a conviction of aiding the enemy would mean that most people wouldn't want to risk life imprisonment or even execution for exposing government secrets.

THE ASSOCIATED PRESS

Manning's crime

Manning admitted leaking more than 700,000 records as well as video of a U.S. helicopter attack that killed civilians in Iraq, including a Reuters news photographer and his driver.

- In the footage, airmen laughed and called the targets "dead bastards."



U.S. army Pfc. Bradley Manning is escorted to a security vehicle outside a courthouse in Fort Meade, Md. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Switzerland

Train driver's body pulled from wreck

Rescue workers on Tuesday recovered the body of the driver of one of two trains that collided head-on in Switzerland. Officials said it appeared likely that one of the trains ignored a signal.

Emergency workers had to separate the front of the two trains to reach the 24-year-old driver's mangled cabin.

A police spokesman said the fire service will continue to comb the wreckage because authorities can't yet rule out the possibility that someone may still be trapped inside. THE ASSOCIATED PRESS

Cross-border crime

U.S. wants cops to be free from Canadian law

The United States wants its police officers to be exempt from Canadian law if they agree to take part in a highly touted cross-border policing initiative, says an internal RCMP memo.

The debate over whose laws would apply to U.S. officers working in Canada raises important questions of sovereignty and police accountability, says the briefing note prepared for RCMP Commissioner Bob Paulson.

The perimeter deal aims to ensure the safe, speedy passage of goods and people across the 49th parallel while bolstering North American defences. THE CANADIAN PRESS



Days of cleanup just a drop in the bucket

Workers scoop up crude oil during a cleanup operation on the beaches of Samet Island, eastern Thailand, on Tuesday. About 50,000 litres of crude oil that leaked from a pipeline operated by PTT Global Chemical Plc has reached the popular tourist island despite continuous attempts to clean it up. THE ASSOCIATED PRESS

Spain derailment. Driver was taking a work call as he sped into deadly crash

The driver was on the phone with a colleague and apparently looking at a document as his train barrelled ahead at 153 km/h — almost twice the speed limit. Suddenly, a notorious curve was upon him.

He hit the brakes too late.

The train, carrying 218 passengers, hurtled off the tracks and slammed into a concrete wall, killing 79 people.

On Tuesday, investigators announced their preliminary findings from analysis of the train's data-recording "black boxes," suggesting that human error appears to be the cause of Spain's worst railway disaster in decades.

The derailment occurred near Santiago de Compostela, a city in northwestern Spain, late last Wednesday. Some 66 people injured in the crash are still hospitalized, 15 of them in critical condition.

According to the investigation so far, driver Francisco Jose Garzon Amo received a



Driver Francisco Jose Garzon Amo, 53, is taken to preliminary court Sunday. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

call from an official of national rail company Renfe on his work phone in the cabin, not his personal cellphone, to tell him what approach to take toward his final destination.

Garzon was provisionally charged Sunday with multiple counts of negligent homicide. THE ASSOCIATED PRESS

Lac-Mégantic. Obliterated bar to reopen for summer

The popular bar recognized as the epicentre of Quebec's fiery train derailment is set to reopen as a temporary music venue for the summer.

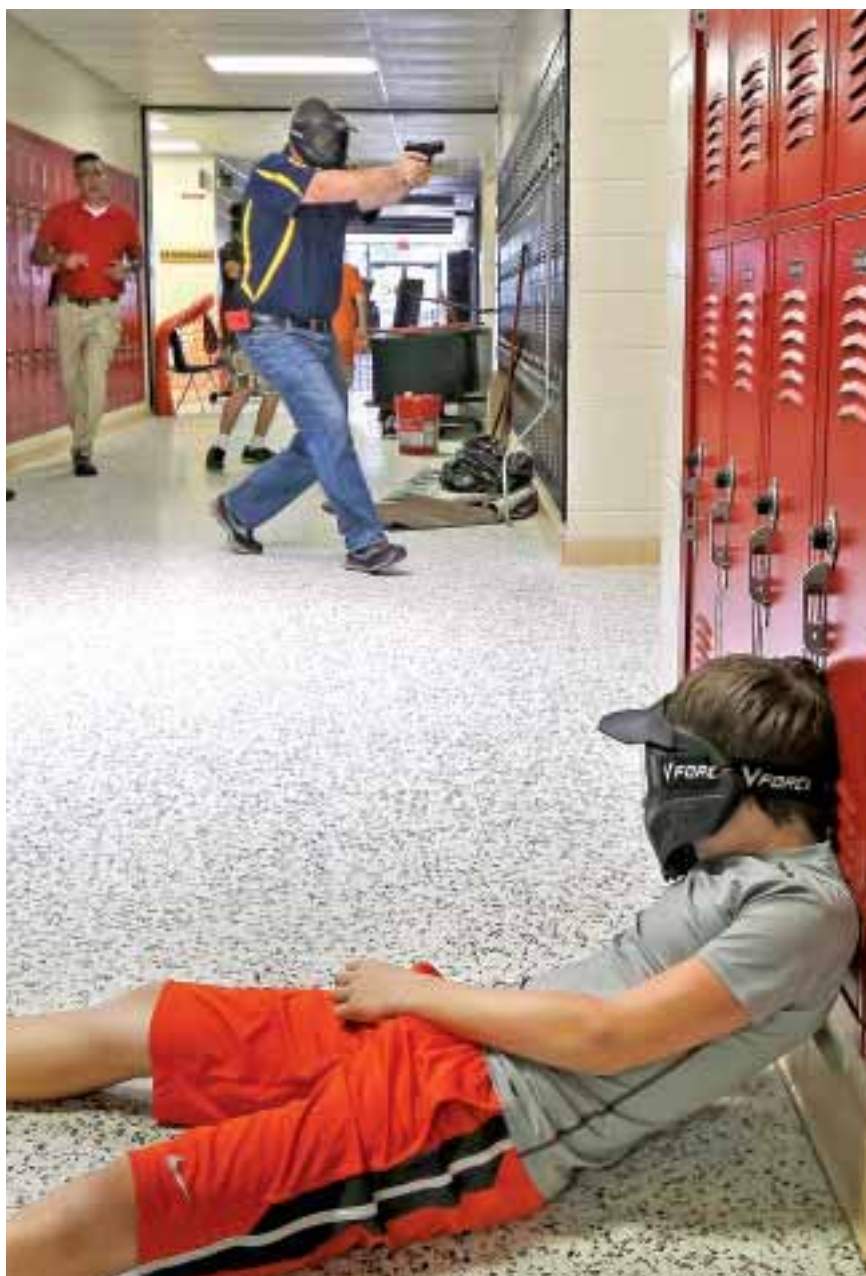
Many patrons and staff members died inside Lac-Mégantic's bustling Musi-Café on July 6 after a runaway train carrying crude oil set off huge explosions.

"For sure, Musi-Café became a symbol of devastation in the tragedy we experienced,"

owner Yannick Gagne told a news conference on Tuesday.

"But we now want it to become a symbol of the resilience of people in the region, who will restart it and look forward."

The resurgent show bar will also create jobs for those left unemployed, including Musi-Café staffers and workers from several other local restaurants and bars shuttered since the disaster. THE CANADIAN PRESS



A Clarksville High School faculty member, wearing a protective mask, carries a practice handgun toward a classroom in Arkansas, as students portray victims in a mock shooting scenario. Twenty Clarksville School District staff members are training to be armed security guards on campus. DANNY JOHNSTON/THE ASSOCIATED PRESS

Ark. teachers getting armed and trained

Kindergarten cop? U.S. school district paying about \$50K plus stipends for ammunition, training to prep staff to act as security guards

When classes at Clarksville High School resume in August, assistant principal Cheyne Dougan will be among more than 20 teachers, administrators and other employees in the school district carrying concealed weapons.

After a school shooting in Connecticut last December that left 20 children and six teachers dead, the idea of arming schoolhouses against gunmen was hotly debated across the country.

The National Rifle Association declared it the best response to serious threats. But even in the most conservative states, most proposals faltered in the face of resistance from educators or warnings from insurance companies that

schools would face higher premiums.

Making use of a little-known Arkansas law that allows licensed, armed security guards on campus, Dougan and other teachers at the school will be considered guards.

In strongly conservative Arkansas, where gun ownership is common and gun laws are permissive, no school district had ever armed teachers, according to the state Department of Education. The closest was the Lake Hamilton School, which for years has kept several guns locked up in case of emergency. Only a handful of administrators — not teachers — have access to the weapons.

Clarksville, a community of 9,200, is going further. Supt. David Hopkins said he faced a flood of calls from parents worried about safety after the attack last year at Sandy Hook Elementary in Connecticut.

He said he and other school leaders didn't see why they couldn't rely on their own staff and teachers to protect students rather than hire someone. **THE ASSOCIATED PRESS**

'Awful'

Gun-shy residents react

State officials are not blocking Clarksville's plan, but Arkansas Education Commissioner Tom Kimbrell is opposed to the idea of arming teachers and staff. He prefers to hire law-enforcement officers as school-resource officers.

There are other dissenters, too. Donna Morey, former president of the Arkansas Education Association, called the idea "awful." The risk of a student accidentally getting shot or obtaining a gun outweighs any benefits, she said.

Sherry Wommack said the program is one reason she's taking her son out of Clarksville's schools before the school year begins. Wommack said she doesn't believe teachers should make life-or-death choices involving students.

"I think police officers are trained to make those decisions, not teachers," Wommack said.

THE ASSOCIATED PRESS

Reimagining safety

"The plan we've been given in the past is, 'Well, lock your doors, turn off your lights and hope for the best.' ... That's not a plan." Supt. David Hopkins

Poland's first face transplant patient home

Poland's first face transplant patient was discharged from the hospital Tuesday, speaking with some effort at a press conference just 11 weeks after the extensive surgery that saved his life.

The 33-year-old man said he owes his doctors "everything" following a skin-and-bone transplant on May 15, three weeks after losing his nose, upper jaw and cheeks in an accident at the brick factory where he worked. Doctors say it was the world's fastest time frame

for such an operation.

Doctors at the Cancer Centre and Institute of Oncology said rehabilitation is proceeding faster than expected thanks to the "courage and determination" of the patient, identified only as Grzegorz, who co-operated fully and never lost faith in the good outcome.

He can see, eat, taste and speak, though his speech is hard to understand because the face muscles still need to regain mobility.

THE ASSOCIATED PRESS



Poland's first face transplant patient, identified only as Grzegorz. **THE ASSOCIATED PRESS**

Ireland's first

Bill OK's abortion when life at risk

Ireland's head of state has signed the country's first bill on abortion into law, legalizing it in exceptional cases where doctors deem a woman's life at risk, including by suicide.

President Michael D. Higgins surprised some analysts Tuesday by signing the bill rather than referring it to Ireland's Supreme Court.

Anti-abortion activists are likely to pursue a Supreme Court challenge.

Until now, abortion held a maximum penalty of life imprisonment.

THE ASSOCIATED PRESS

B.C. court. Injured soldiers' lawsuit should be dismissed: Ottawa

At least one veterans group promises to campaign against the Conservative government because of a stand taken by federal lawyers, who argue the country holds no extraordinary social obligation to ex-soldiers.

The lawyers, fighting a class-action lawsuit in British Columbia, asked a judge to dismiss the court action filed by injured Afghanisthan veterans, saying Ottawa owes them nothing more than what they have already received under its controversial New Veterans Charter.

The lawsuit filed last fall

by six veterans claims that the charter, which replaces lifetime pensions with workers compensation-style lump sums for wounds, violates the Charter of Rights and Freedoms.

Mike Blais, president of Canadian Veterans Advocacy, told a Parliament Hill news conference that since the First World War, the government has recognized it has a "sacred obligation" to veterans and that notion was abandoned with the adoption of the veterans charter by the Conservatives.

THE CANADIAN PRESS



You could hire a crew to clear away unwanted vegetation, or you could bring in a herd of goats — which is what officials in Regina are currently doing to rid a conservation area of non-native greenery. Other municipalities have taken the same approach. In this file photo, a hungry goat eats away at a tree in Redwood City, Calif., after the San Francisco Public Utilities Commission rented a 400-strong herd to vanquish potentially hazardous vegetation that was growing near drinking-water pipelines. GETTY IMAGES FILE

Will work for food: Goats chew up landscaping biz

Regina. City officials go with the herd to clear away vegetation

Caragana shrubs are no match for goats that have been brought in to clear the pesky growth from a big Regina park.

Officials with the city's Wascana Centre Authority

have hired about 90 of the bleating eating machines to rid the shrubs from a conservation area of the park where the greenery has gotten out of control.

Naturalist Jared Clarke says caraganas were once planted in rows to delineate property lines, but they ended up choking out native species of grass and other plants.

Clarke says the goats are an alternative to using herbi-

cides and seem to work better than mowing, which is a temporary fix.

The more the goats gnaw away at the leaves, the harder it is for the shrub to grow back.

The goats will be on duty until Monday, when they will stand down and be transported back to their farm in Edgewood, Sask.

Clarke says if the project is deemed a success, the goats

Better than mowing

- It's not the first time goats have been brought in to do what they do best — Amazon used them at its offices in Japan.

could be brought back again in the future.

CJME/THE CANADIAN PRESS

Retail. Zara Home to launch stores, online sales in Canada

Zara Home is slated to open for business in Canada next month. The first location for the home-furnishing brand is set to launch at Toronto's Yorkdale Shopping Centre on Aug. 22, coinciding with the startup of its Canadian e-commerce site.

Zara Home's second store will open at Carrefour Laval in Laval, Que., on Aug. 29.

Zara already has apparel stores in a number of cities across Canada. Launched in 2003, Zara Home specializes in home decor based on the

Global brand

370

Zara Home currently has more than 370 stores in 38 countries.

latest fashion trends. Bedding, table and bath linens, furniture, tableware and cutlery are among its collections, in addition to homewear and a bath and body line. There is also Zara Home Kids, which showcases designs for children. **THE CANADIAN PRESS**

Dubious food. Oreo doughnut tops Timmie's contest shortlist

On a day when doughnut flavours included devil's food cake and caramel popcorn, it was the simpler creations that won the day for Tim Hortons' Duelling Donuts contest.

B.C.-born Jason Priestley was among the panel of judges who whittled down the long list of 16 doughnut creations to just eight on Tuesday.

Among the finalists are the S'more Of It, the Monkey C, Monkey Do-Nut, the Dark Chocolate Cherry Chunk and the Oreo Borealis.

The pastry recreation of the classic cream-filled cookie

took the top honours from the panel, which also featured execs from Tim Hortons and TV host Ben Mulroney.

The contest was dreamed up after Priestley appeared in an episode of the sitcom *How I Met Your Mother* where he claimed he had invented the Priestley, a strawberry-vanilla doughnut with a chocolate Timbit nestled inside.

The contest winner will receive a \$10,000 grand prize. Canadians can vote for their favourite of the last eight doughnuts standing online, beginning Aug. 5. **THE CANADIAN PRESS**



The Priestley is a fictional doughnut mentioned in an episode of *How I Met Your Mother*, and subsequently whipped up by Tim Hortons for a photo-op. It inspired the chain to launch a designer doughnut contest. TIM HORTONS/THE CANADIAN PRESS

Do you suffer from the annoying symptoms of Dust Mite allergies??



Participate in a clinical research study testing the effect of an investigational medication on the symptoms associated with Dust Mite allergies.

Call now to see if you qualify.

Contact KGK Synergize Clinic:
519-858-8359

clinic@kgksynergize.com
www.kgkclinic.com

Participants are compensated up to \$432.00 for their time.

KGK synergize

Are you post menopausal and looking to lose weight?



Join a clinical research trial to evaluate the effectiveness of an investigational natural health product which may help with weight management.

Call now to see if you qualify.

Compensation up to \$200.00

Contact KGK Synergize Clinic:
519-858-8359

clinic@kgksynergize.com
www.kgksynergize.com

KGK synergize

Economic forecast

Canada could lose bragging rights over growth

A new forecast suggests Canada's long run leading the world's biggest economies in growth is at an end. Capital Economics says Canada's economy will only grow by 1.5 per cent this year, and slow further to one per cent in 2014 as the country's over-built housing market comes crashing to earth. **THE CANADIAN PRESS**

Market Minute

DOLLAR
97.07¢
(-0.40¢)

TSX
12,581.75 (-87.29)

OIL
\$103.08 US (-\$1.47)

GOLD
\$1,324.80 US (-\$4.80)

Natural gas: \$3.45 US (-1¢)
Dow Jones: 15,520.59 (-1.38)

WATER'S RISING. WHERE'S THE ARK?

Ho-hum. Another day, another prophet of doom.

Today's Cassandra du Jour is someone named Benjamin Strauss from something called Climate Central. Strauss concludes that without an immediate deep reduction in greenhouse-gas emissions, 1,700 U.S. cities will be underwater by the end of this century.

And even if we stop adding greenhouse gases to the atmosphere right now, 80 cities including Hoboken, N.J., and Fort Lauderdale, Fla., are already toast. Frank Sinatra's hometown sinks beneath the sea! Pictures at 11!

Strauss's conclusions have been published in the Proceedings of the National Academy of Sciences (not the National Enquirer) and run through the news cycle. Headlines everywhere. Hard to miss.

You may be wondering if Strauss is just some paranoid nut-



JUST SAYIN'

Paul Sullivan

metronews.ca

case. If he is, he's a paranoid nutcase with a PhD in ecology and evolutionary biology from Princeton, a master's in zoology from the University of Washington, and a BA in biology from Yale. A beautiful mind.

Climate Central certainly sounds reputable: "An independent organization of leading scientists and journalists researching and reporting the facts about our changing climate and its impact on the American public." Such as 1,700 cities will be sleeping with the fishes by 2100.

This is not just an American wet dream: Various studies have also earmarked several coastal Canadian cities, such as Vancouver and Halifax, for the Big Bath.

So what's going on here? Why aren't we all stampeding for higher ground? Even if 2100 seems a long way off, the sheer scale of this inundation should have us building big

boats in our backyards and pairing off the raccoons and Pomeranians, especially if we live in Hoboken or Fort Lauderdale.

But nothing's going on here. The U.S. president has a "plan," but it's hardly an emergency response, and even if the U.S. starts cutting emissions and shoring up dikes, that supposedly won't hold back the tide. And, of course, our Prime Minister Stephen Harper sees the emission of greenhouse gas as a patriotic act.

We obviously don't believe Strauss or all those other guys with letters after their names. Apparently, the skeptics have done a great job of painting them as a bunch of careerists so greedy for grants they'll say anything, no matter how over the top. If anyone's all wet, it's Strauss and all those other *scientists* (dirty word).

Still, aren't you a bit creeped out? What if Strauss is only half right, or a quarter right? What if the skeptics, who don't have nearly as many letters after their names, are the wet ones?

Is there anybody out there who can tell us the truth? It's a simple, honest question: How high's the water, daddy? Really?

ZOOM

Of course Road Runner is for dinner



DEBBIE DICARLO/REX FEATURES

Photog captures coyotes interacting

This stunning picture taken by amateur wildlife photographer Debbie DiCarlo shows the adorable coyote pups howling as the adult coyote tips back its head to let out an ear-piercing howl at a wildlife preserve in Hinckley, Minn.

METRO

Q and A

'Hope and emotions'



DEBBIE DICARLO
Amateur photographer, 58, from Cleveland, Ohio

From the photograph's composition, it looks like the pups are mimicking the adult in howling ... Yes, but that's certainly from the point of view of us humans, and how we assign human expressions to animals.

But isn't that what makes animal photography special — when we assign it human traits? I completely agree. That is certainly one great way of interpreting these photographs. Animal photographs conjure up amazing imagery of hope and emotions in us all.

Clickbait



ANDREW FIFIELD

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We're past the halfway mark of the year, which is still a depressing distance from the best-of lists that pepper December and January. So let's get an early start with a trio of some of the best mobile games of 2013.

Limbo

The long-awaited port of 2010's moody gem has finally arrived. Take control of a boy navigating the dangers of a beautiful but starkly harsh side-scrolling world (pictured). Seriously stark. The game is full of punishing puzzles and grisly deaths. (iOS/\$4.99)

Gemini Rue

A defiantly old-school point-and-click sci-fi noir set in a future familiar to Blade Runner fans. The original version was designed for keyboard and mouse, so the controls can be awk-

ward. But solving the mysteries of the dual-plotted story is addictive enough to overlook them. (iOS/\$4.99)

Star Command

From the clever dialogue to the pixelated graphics, everything about space adventure reads as a love letter to Star Trek. Managing your crew and monitoring shield and weapon systems during frenetic battles is deep and challenging, though that's offset a bit by a linear story and shallow interactions with the races you encounter. (iOS, Android/\$2.99)

Twitter

@metropicks asked: A scientist made a 'Frankenburger' from animal stem cells. Would you eat it? Is it vegetarian?

@NHL4HAMILTON: Sure ill give it a try! Be interesting to see what it tastes like.

@st_mack: As long as there was



Frankenbacon to go on top of it.

@1983boxedwine: No Way! We should care about where our food is coming from and what we put in our bodies. #realfood #lessdisease #healthyliving

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca



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Review



The Smurfs 2

Director. Raja Gosnell

Stars. Neil Patrick Harris, Hank Azaria

The problem with The Smurfs is that the blue mushroom-dwelling dwarves(?) just aren't elaborate or very amusing. In that sense, they're perfectly safe film fodder for prepubescents. In this straightforward sequel, Papa Smurf and company travel to Paris to rescue Smurfette (a whiny-sounding Katy Perry) from diabolical wizard Gargamel (Hank Azaria, trying his best). The sequel would've been buoyed by new characters except that one (named Hackus) is ceaselessly irritating. Still, Hackus shouldn't worry — with \$150 million in corporate tie-ins already, his ugly mug will surely appear on everything from plush dolls to nasal strips. **STEVE GOW/METRO**

Celebrity news



Miley Cyrus.

BORIS ROESSLER/THE ASSOCIATED PRESS

Not a girl, not yet a woman, but totally fine, guys

Miley Cyrus' transformation from a sweet-faced child star into a wild-child sensation has garnered plenty of debate, but she says it's not really all that deep — she just grew up, y'all.

"I think people forget what it feels like to be 20," she said in a recent interview. "People just evolve and that's all that's happened to me. But people think a mad scientist somehow cooked up this potion and turned me into a different human. ... All I did was get a haircut and buy some clothes." **THE ASSOCIATED PRESS**

Two guys, two guns, no spanking

Interview. Denzel Washington and Mark Wahlberg talk about going funny with new buddy comedy 2 Guns

MATT PRIGGE
Metro World News

Denzel Washington is funny. He just doesn't do funny movies.

People have told him how good he is with a joke. He agrees and he doesn't.

"I'm quick. But being funny on purpose, take after take — I don't know. It's new territory."

Indeed, he hasn't done a full-on funny film since the ghost comedy Heart Condition, opposite Bob Hoskins in 1990. It's the only one on his resumé.

2 Guns isn't a full-on comedy. It's a '70s-style throwback thriller, starring Washington and Mark Wahlberg as undercover government agents embroiled in the pursuit of a booty of stolen cash. But he and Wahlberg, longtime friends finally working together, have great chemistry, and the tone of the film allows them to goof around in between shoot-outs and scenes where Bill Paxton's fearsome CIA heavy plays Russian Roulette with his crotch.

"I'd been looking to stick my toe in the water," Washington says about being funnier. "Especially coming off Flight, I was looking to do something where I had more fun."

Wahlberg had already been attached to the production, based on Steven Grant's comics, which was a big selling point for him.

"Mark is not just funny, but he has a warmth and a heart about him that I've loved. I watched Ted the other night. That's a sick movie."

Not that he wanted to go that far.

"I'm not ready to be spanked yet — not right out of the gate. But (Wahlberg) helped free me up, to go for it, to not worry about being silly."

Wahlberg was happy it wasn't the traditional kind of buddy comedy.

"Usually they'll take the comedy guy, the really out-



Denzel Washington and Mark Wahlberg star in 2 Guns, which opens this weekend. CONTRIBUTED

In character

"I try to bring my own personality to the parts, some kind of personal connection. The audience can maybe believe it a bit more."

Denzel Washington

Talking about he gets into character

there comedy guy, and put him with the straight guy. We didn't want to do that," Wahlberg explains. "We felt like the two had to be really formidable opponents, to earn that camaraderie, to earn that trust in one another."

Asked how they handle comedy or drama, Wahlberg says there's little difference.

"I approach everything the same: I try to make it as real as possible," he explains. "If you're going to make people laugh or cry, it's the same thing. But if I start doing pratfalls, someone please pull the plug."

Washington just tries to integrate himself in his roles.

"I try to bring my own personality to the parts, some kind of personal connection," he explains. "The audience can maybe believe it a bit more."

When asked which role is closest to the real him, he can't help but joke.

"Training Day. That's who I am. That's the real Denzel."

In Focus

2 Guns took two roads to production



IN FOCUS

Richard Crouse
scene@metronews.ca

This weekend Denzel Washington and Mark Wahlberg co-star as a DEA agent and an undercover Naval Intelligence officer who are investigating one another in 2 Guns.

Conceived as a vehicle for Owen Wilson and Vince Vaughn after the success of Wedding Crashers, the movie was originally meant to take advantage of the comedic chemistry between the two, but slowly morphed into something else as it made its way to Wahlberg and Washington.

It joins a long list of movies to change tone

as they swap casts.

We think of Beverly Hills Cop as the hilarious Eddie Murphy movie about a streetwise Detroit cop displaced to hoity-toity Los Angeles. Initially however, the movie was meant to star Sylvester Stallone.

Stallone also turned down the part of Jack Colton in the romantic action-adventure Romancing the Stone and was replaced by Michael Douglas.

Taxi Driver made Cybill Shepherd a star, but the part almost went to Farah Fawcett Majors because, producer Julia Phillips claims, director Martin Scorsese preferred Majors' "shapely bottom."

Finally, Daniel Day Lewis is an acting legend with five Oscar nominations and three wins to his credit, but imagine if he hadn't turned down the roles of Zod in the recent Superman epic Man of Steel or Shakespeare in Love's love interest, a part that went to Joseph Fiennes.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Justin Bieber. ALL PHOTOS GETTY IMAGES

Bieber's crew busted with pot at the border

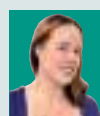
Marijuana and drug paraphernalia were seized from one of Justin Bieber's tour buses during a stop at the U.S.-Canada border, according to E! News.

Bieber himself wasn't on the bus, and his rep insists, "It wasn't Justin's bus," but Customs officials say it was part of his convoy.

"The tour bus, associated with musician Justin Bieber, was en route to a concert schedule later Sunday night in Detroit," a spokesman says. "Officers seized marijuana and paraphernalia and issued a penalty to the driver. The bus and passengers were released without further incident."

The Word

Applaud for Lady Gaga, she needs it



THE WORD
Dorothy Robinson
scene@metronews.ca

Well, hello there, new artwork for Lady Gaga's new single, Applause, which looks like something Barbra Streisand would do circa 1983

Gaga unveiled this cover on Sunday to Women's Wear Daily, which was created by photography duo Inez van Lamsweerde and Vinoodh Matadin, who also filmed the single's music video. The single will drop



on Aug. 19.

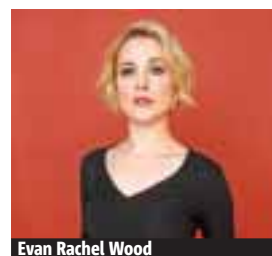
"What I'm saying in the song essentially is that I live for the applause. I live for the way you cheer and scream for me. Give me that thing that I love. Put your hands up, make them touch," she told the magazine about her inspiration for the single, which is a much, much better title than just calling it Clappin'.

Under the Dome still under said dome

Welp, it looks like no one is escaping that stupid dome anytime soon — CBS has renewed Under the Dome for a second season.

"We're excited to tell more stories about the mystery of the dome and the secrets in Chester's Mill, and are thrilled to have the master storyteller himself, Stephen King, tell the first one of next season," CBS Entertainment President Nina Tassler said in a statement.

The renewal makes sense as the show is a bonafide hit for the network, averaging about 13.8 million viewers, according to Nielsen numbers provided to the network.



Evan Rachel Wood

Another celebrity couple trying to copy royals

Evan Rachel Wood is officially a mom. The 25-year-old actress gave birth to her first child Monday, her rep confirms to Us Weekly.

"Evan Rachel Wood and her husband, Jamie Bell, are parents to a beautiful boy," the rep says. "Parents and baby are all doing well."

Bell couldn't contain his enthusiasm, praising his wife on Twitter with, "What a day. Evan, you are my warrior! You never cease to amaze. Thank you for birthing our son so naturally and peacefully. You did it!"

Johnny Depp just wants to speak his own words

Maybe he was expecting a better box office performance from The Lone Ranger.

Johnny Depp has started talking about retiring from acting, telling the BBC,

"I wouldn't say that I'm dropping out any second, but I would say it's probably not too far away."

Depp, who also mulled retirement in his recent Rolling Stone cover story, has a rather interesting reason for wanting to give acting a break.

"You realize that you've



Johnny Depp

said written words more than you've actually had a chance to say your own

words, you start thinking of that as a kind of insane option for a human being."

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Unshakeable Christchurch

New Zealand.

After a devastating earthquake in 2011, the city is ready to welcome visitors

RUTH
ATHERLEY
life@metronews.ca

The city of Christchurch, New Zealand, is in full swing with its exciting rebuild plan after the earthquakes it experienced a little over two years ago. The city and the surrounding region of Canterbury offer many things to do, places to stay and eat, and are absolutely ready to welcome visitors.

In true Kiwi form, the people of Christchurch are focusing on finding the silver lining and while remembering and honouring the past, they are embracing the future. The focus is now on creating a world-class city that engages both locals and visitors. A blueprint plan that concentrates on creating an accessible, world-class city that showcases all the fabulous activities, restaurants, accommodation and business opportunities that Christchurch has to offer has been developed and is in the process of being brought to life.

Experience Christchurch of today

While the people of Christchurch are looking forward, they realize that many visitors want to better understand



The Re:START mall is a fun shopping area in the heart of Christchurch. DAVID SWANSON



Beautiful breathtaking New Zealand. ISTOCK

what happened two years ago. Quake City is an interactive experience that outlines the science and the human interest elements behind the earthquakes.

Now visitors can take the tour through the “red zone” — now the rebuild zone. Here you can see the work being done and get an up-close view of the uncrushable Kiwi spirit that shines through as the city is recreated.

In fact, each day many of the areas of the city are being reopened to the public and, as this happens, you can see the joy and pride in the faces of the people who call Christchurch home.

You can also check out the Cardboard Cathedral. This structure is being built to temporarily replace the historic Christchurch Cathedral, which was damaged during the earthquakes. Church services will be held in the Cardboard Cathedral, which is made of paper tubes coated with waterproof polyurethane, and was opened in June 2013 with seating for 700.

Shop and sip

For those interested in shopping, the Re:START mall is an area that offers some of the best New Zealand designers. Re:START may not be the first shipping container shopping mall in the world, but it is one of the most creative, appealing and — a priority in New Zealand — fun!

More than 50 retailers are located right in the heart of the city, including great cafés, the perfect place to rest your

Get the app

Tourism New Zealand (TNZ) is making travel to New Zealand even easier with the launch of its first mobile app — Essential New Zealand. The free to download app offers advice to travellers on the go in New Zealand, without the need for a WiFi connection, encouraging them to do and see more while in the country.



weary feet after a morning of trying on designer duds and checking out the bright, vibrant and energetic area.

There is also New Regent Street, which is a quaint street full of shops and boutiques — and, of course, cafés. After all, shopping and coffee were made for each other.

Discover the magic of the Canterbury region

While Christchurch is a fabulous city, visitors are also encouraged to venture out into the Canterbury region. And who better to show it to you than a fifth generation Canterbury — a real local.

A local's local, if you will. David Hiatt runs Canterbury Guiding Company, a specialized tour provider that offers excursions that you just can't get anywhere else.

He knows winemakers and cheese makers, farmers and artisans and, relevant to his guests' interests, he makes magic happen.

David and his team know every inch of the Canterbury region — the wineries, the restaurants, the trails, the farms and the people. If the guests want it, David can make it happen. One day it might be a behind-the-scenes chat and tasting with a cheese maker.

The next day, it might be a balloon ride to view the mountains and sea or a wine tasting with the winemaker.

One thing is for certain — David is the guy to take people to see the Canterbury that the residents know and love.



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SHINING SUCCESS

TRUST AND HONESTY ARE THE KEYS FOR JEWELLER BOB BURKE

With four decades in the business and 30 years as owner of his eponymous downtown jewelry store, Bob Burke learned his business from the ground floor on up.

Burke got his start in the industry at the age of 18. His hockey coach was a jeweller and a chance visit started Burke on a career that has lasted more than 40 years.

"I went into his store one day to get my watch fixed," Burke says. "I was leaving and he stopped me and asked what I was doing. I said that I had finished school. He said, 'Someone just quit. Can you start on Monday?'"

"I loved it since the first day. I stayed



JASON MENARD PHOTO

at that store until I was 29. I started sweeping floors and ended up as the store's diamond buyer."

Burke has continued to learn his craft. Both Burke and his wife, Lorraine,

are certified through the Gemological Institute of America. They have always been a member of the Canadian Jewellers Association and are members of the World Jewellery Confederation endorsing

the Canadian Diamond Code of Conduct. But he credits his hands-on approach for his current success.

"I just learned by being in the trenches, talking to diamond buyers, learning about the quality of jewelry," he says. "That was my schooling."

Burke stayed 10 years at that first job. When the store was sold, he decided to go out on his own. After a few months working out of his home, he opened the doors to Bob Burke Jewellery — in its current location — on March 12, 1984.

"Really, after six months, I could tell it was going to fly," he says, adding there were some nerves involved. "It was a great move, but it was scary. With three small children and a mortgage, it was very scary when you put all your eggs in one basket."

Since then, those three children and his wife have all worked in the store. And he has remained committed to its growth.

"It's just a lot of hard work. If I wasn't in the store, it wouldn't work. I could have gone golfing, I could have done a lot of the things that people think a store owner can do. I never take a lunch — you have to be here for that sale."

"There's a lot of dedication involved and two keys to success — trust and honesty." — Jason Menard

BOB BURKE JEWELLERY

METRO CUSTOM PUBLISHING

Congratulations Bob Burke Jewellery on 40 years!

I'm happy to have been Bob's trusted advisor for over 20 years and have thoroughly enjoyed working with Bob and his family during this time.

I was first introduced to Bob and Lorraine over 25 years ago on the referral from a very satisfied customer. My family has been a customer ever since and my wife Cynthia O'Neill is also a real fan! Earlier this month, Bob did a great job working with our future son in law Roland Kuehn on a beautiful diamond for our daughter Natalie.

Clearly, Bob's strength has been his ability to bridge generations as he made everyone feel



good about their purchases. He has always invested the time to educate and work with young couples making a significant jewellery purchase and many others when celebrating family milestones thus, earning a reputation of integrity and the position of Family Jeweller for many Londoners.

I join the London community in celebrating Bob Burke's 40 years both as a satisfied customer and his accountant. I feel privileged to have been a trusted advisor for this successful London business.

Paul Panabaker FCPA, FCA, CFP, RFP



Congratulations to Bob Burke,
Lorraine and family.
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with London's family jeweller
for over 20 years.



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THE CHARM OF WORKING WITH FAMILY

Bob's name may be on the marquee, but the success of Bob Burke Jewellery is truly a family affair.

Burke started the business, but very early on his wife, Lorraine, joined him. And three daughters — Tawny, Shauna, and Robyn — have all worked in the store over the years with Tawny continuing on staff. So what's it like working with your spouse and your children?

"It has its moments," Bob says with a laugh. "No, it's been good. That has been the key — how well we work together.

"When people come in, it's like being in our home. There are not that many family businesses left."

Lorraine quit her job at an Elizabeth Arden beauty salon in Simpsons to join Burke in the jewelry business.

"Actually, (Bob) said can you come and help me out and I'm still here," Lorraine says. "Somewhere along the lines I started getting a paycheck."

Both agree the success is due to no one thinking that they are the boss. Instead, everyone knows what they need to do and work cohesively. It's a process that developed over the years.

"When I came into it, it was a different situation," Lorraine says. "Bob had been in the business for a while. He was teaching me everything. Bob always joked that he was the boss here and I was the boss at home. It all balanced out."

For some, the thought of working with one's spouse is a daunting idea. For Bob and Lorraine, they say success has been the result of setting boundaries.

"When we're here, we don't think of



JASON MENARD PHOTO

ourselves as married," Bob says. "We're just two employees. We just do our jobs and we don't let the personal things enter into it."

After 30 years on location, who knows what the future will hold. The couple has

slowed down a bit in that Bob no longer puts in 50- to 60-hour weeks, and they shut down for a month to travel. But Lorraine says she hopes the store remains part of their lives.

"I would love to continue this business

on a part-time basis," she says. "We now have six grandchildren, we have three daughters all in town. That takes up a lot of time. I wouldn't want to just say goodbye. We have too many friends and time vested in this." — Jason Menard



DIAMONDS ARE STILL A GIRL'S BEST FRIEND

Entertainer James Brown claimed it was a man's world, but, to paraphrase the song, the jewelry industry would mean absolutely nothing without a woman or a girl.

"Most couples come in together," Bob Burke says. "She tells him what she likes; he comes back later and we put it together.

"Men would be five per cent of the business purchasing for themselves, but men often come in to buy the ladies' rings."

In fact, Burke says that the men's jewelry industry over the past 10 years has been almost non-existent.

"We used to sell a lot of those brown tiger eye and blue sapphire rings," he



JASON MENARD PHOTOS

says. "Men's chains, they don't sell like they used to. Everyone has one now, but in the '70s and '80s we sold a ton.

"Thirty years ago, the girl would buy him a ring and he would buy her a ring when they first started dating. That doesn't happen any more."

And while the men's jewelry industry may have shrunk over the past few years, the options have grown.

"Back when we got married, guys were restricted to the little yellow gold band," Burke says. "Now we have over 200 styles for men." — Jason Menard

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JASON MENARD PHOTO

MADE TO ORDER

YOUR DESTINATION FOR CUSTOM JEWELRY

Sometimes an off-the-shelf piece just won't do. And with decades of experience making custom jewelry, Bob Burke Jewellery has been the destination of choice for generation of Londoners.

"We've been doing custom jewelry since Day 1," Burke says. "We can make anything. They show me the picture or I have a selection of model merchandise, a variety of mounts and stones. I give the design to my designer and we have a wax mould made."

"The customer gets to see the wax mould before we make the ring. They approve it and we create the ring."

More than 70 per cent of the store's business is custom and has always been a strong segment of Bob Burke Jewellery's offerings. With the advent of the Internet, people are coming into the store more certain of what they want. Burke's role, he says, is to help them understand the finer points of jewels.

"Some people want something that's really unique and different, they don't just want something off the shelf. They may say, 'I love this mount,' and then choose

the diamond they want. Usually, they have an idea of what kind of diamond they want. Where I come in is that they often need my assistance in showing them the qualities of a diamond that makes it special.

"With the Internet, for some they think they know more than they do. They've been doing research for two weeks, but how can you relate that to the experience of someone who has been doing this for 40 years. That's the value I can bring."

And Burke believes in being completely open and honest with his customers.

"I lay everything out on the table. I show them the diamond, I show them the cut of the stone — that's the most important thing. The cut is what you see, the beauty of a diamond is in its cut. It's also the most complex of the four Cs (cut, clarity, colour, carat weight).

"You don't want to talk somebody out of something if it's what they want. But I can offer advice. I'm like the guy building the building, I don't do the plumbing, but I oversee it all to make sure it's done correctly."

— Jason Menard

SCORE THE RIGHT PIECE FOR YOU AT BOB BURKE

When it comes to ice, NHL players know quality when they see it. For Montreal Canadien Brandon Prust, his personal choice for jewelry and accessories is Bob Burke Jewellery.

And while the fact that he is part of the family doesn't hurt, it's also not that great of an advantage — because, in many ways, Prust is treated like everyone else.

"Even if you're not family, when you go in to the store they make you feel like you're family," Prust says. "It's why they have so much repeat business. And, of course, there's the fact that the quality is the most important thing."

"When you go into a store like that, you know that you can trust them."

Full disclosure: Bob Burke is Prust's uncle by marriage. Bob's wife Lorraine is the sister of Prust's mother. And Prust has had a long history with the store.

"For myself, it probably started when I was 18. That's when I started getting into jewelry," the 29-year-old London native says. "I have had some girlfriends over the years, so I would buy for them, for my mom, and my sister. Personally, I have a lot of watches and I've bought some bracelets and chains."

Prust's hockey career has taken him all over North America. He is one of the most popular players in London Knights' history, playing three years in front of his hometown fans. From there he has plied his trade in Calgary, Phoenix, and New York City prior to arriving in Montreal last season. And no matter where he has gone, he has been an unofficial ambassador for Bob Burke Jewellery.

"I've got a lot of the London Knights guys over the years to be customers, including (head coach and team president)



JASON MENARD PHOTO

Dale Hunter," Prust says. "And I also tell all my hockey buddies to go there."

"They all know he's my uncle —

they go in there and they ask for the family discount," he says with a laugh.

— Jason Menard.



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The anti-meat BBQ burger

Food. Food blogger Angela Liddon shares her favourite grease- and grime-free veggie recipe for a hot and sunny day. It's not all about melted cheese and steak you know.

ROMINA MCGUINNNESS
Metro World News in London

Barbecue. Admit it. The second you read that word, your brain bombarded you with images of charcoal steak and roasted marshmallows.

"There are so many other options that showcase classic summer foods without sacrificing flavour or nutrition," Angela Liddon, food blogger and founder of the vegan friendly website Oh She Glows tells Metro. "A veggie burger can be both hearty and satisfying, as is a smoky grilled salad. And one thing is for sure, you'll feel



This recipe makes eight burgers. CONTRIBUTED

light, energized, and anything but weighed down!" she adds.

Here is her favourite summer recipes, a veggie burger.

"These veggie burgers are one of the most popular recipes on my blog. They have all the right elements we love in a

veggie burger — chewy, hearty, and they hold together well when cooking. You can freeze the burgers after cooking for quick and easy meals throughout the week."

1. Preheat oven to 350 F and line a baking sheet with parchment paper.

2. Whisk flax and water in a small bowl and set aside for 10 minutes.

3. In a large bowl, mash the black beans until a paste forms with a few chunky beans left intact for texture. Stir in the rest of the ingredients (including the flax and water mixture), adjusting spices and seasonings to taste if desired.

4. With slightly wet hands, shape dough into 8 patties. Pack dough tightly as this will help it stick together.

5. Cooking options: Bake patties at 350 F for 15 minutes, gently flip, and bake for another 15-20 minutes until patties are firm and golden.

Ingredients

- 3 tbsp ground flax seed
- 1/3 cup warm water
- 1 (15-oz) can black beans, rinsed and drained
- 1 cup grated carrots
- 1/3 cup finely chopped parsley
- 2 large garlic cloves, minced
- 1/2 cup chopped red onion
- 1/2 cup sunflower seeds
- 1 cup oat flour
- 1/2 cup spelt breadcrumbs (or breadcrumbs of choice)
- 1 tbsp extra-virgin olive oil
- 1-2 tbsp tamari, to taste
- 1/2 tbsp chili powder
- 1 tsp each dried oregano, ground cumin, fine grain sea salt
- freshly ground black pepper, to taste

For grilling on the BBQ: pre-bake the patties in the oven for about 15 minutes at 350 F before placing on a pre-heated grill. Grill on each side for a few minutes until lightly golden.

6. Serve with toasted buns or lettuce leaf "wraps".

Drink of the Week

Almond Iced Tea

Not too sweet and slightly nutty, this summer mix is perfect for outdoor sipping.

By the glass

- 1 1/2 oz Belvedere Lemon Tea
- 1/2 oz almond syrup
- 3/4 oz lemon juice
- 3 oz green tea

Build over ice and garnish with a lemon wedge.

By the pitcher

- 375 ml Belvedere Lemon Tea
- 100 ml almond syrup
- 175 ml lemon juice
- 700 ml green tea

Add all ingredient to pitcher over ice. Garnish with lemon and blueberries.

COURTESY OF BELVEDERE VODKA



Get off that couch and into an office

From beach bum to accomplished employee. It's not too late to help your child find a summer job

ALISON BOWEN
Metro World News

If your son or daughter still is not picking up a paycheck this summer, it's not too late.

As a wealth management adviser, Ellen Perry has spent years advising people on how to keep not only business, but also families, thriving.

One of her pieces of advice? Get a summer job. They teach valuable life skills, whether interning in an office where your child would like to ultimately work or serving pizza slices.

After working with more than 100 wealthy families, she wrote *A Wealth of Possibilities: Navigating Family, Money, and Legacy*.

Although the book is geared toward families with money, her counsel can apply to parents and children across the board. Perry gave us tips for getting your child off the couch

and into a summer job:

Don't make it optional

Give them two weeks after school ends to lie around the house and sleep late — then, if they aren't employed, tell them you will find one for them (and that it is going to be far less interesting).

Help them brainstorm all the options

What are they good at? What experiences do they have that are helpful?

Stay out of the actual job search as much as possible

Who's the boss?

An employer can be a great teacher

- Kids get honest feedback and learn to identify what the boss wants in terms of their performance and how to give it to them.
- Try not to be too fussy about the job or boss. Sometimes the hard situations teach the most.



If you put too much pressure on your child to find the perfect position, you're likely to drive them away from the hunt. As a parent it's important to remain positive and empowering. ISTOCK

Don't make the calls for them, line up the interviews for them, pull strings for them. You are trying to teach them

resourcefulness and resilience — you can't be too involved if they are actually going to learn those lessons.

Remember practical skills are useful

The job doesn't need to be fancy to be good for them.

Waitressing can teach a lot about time management, pacing, customer service and multitasking.

Basketball

First to score in NBA dead at 94

Oscar (Ossie) Schectman, the former New York Knicks guard who scored the first basket in NBA history, died Tuesday. He was 94.

Schectman's son Peter confirmed his father's death, which was also announced by the Knicks. Peter says his dad died of complications from respiratory failure.

Schectman scored the opening basket of a game in what was then known as the BAA on Nov. 1, 1946, for the Knicks against the Toronto Huskies.

THE ASSOCIATED PRESS

Swimming

Ledecky levels another record

American teenager Katie Ledecky smashed the world record in the 1,500 freestyle for her second gold medal at the world swimming championships on Tuesday.

Looking stronger at the end of the gruelling race than she did at the beginning, the 16-year-old obliterated the world record in the 1,500-metre freestyle by more than six seconds Tuesday night for her second gold medal at the world swimming championships.

THE ASSOCIATED PRESS



Katie Ledecky of the U.S.

MICHAEL SOHN/THE ASSOCIATED PRESS

Bills coach angered by DE injury questions



Mario Williams reacts after sacking Andrew Luck of the Colts on Nov. 25, 2012. Williams has not been seen since leaving practice on Sunday with an apparent foot injury. JOE ROBBINS/GETTY IMAGES FILE

NFL. Mario Williams has not been spotted since the end of practice on Sunday

Bills coach Doug Marrone grew frustrated after facing a second consecutive day of questions regarding defensive end Mario Williams' absence from practice due to a sore foot.

After saying Williams was still having his foot evaluated on Tuesday, Marrone lost his patience after being asked a fifth and final question about the player during a 12-minute post-practice briefing with the media. The first-year coach cut off a reporter to announce he won't answer any more questions regarding Williams until he receives a medical report from team doctors.

"For me to speculate, I never speculate until I hear from the medical staff," Marrone said. "And I get frustrated, honestly, when it gets to a point where

Crossing his fingers

Marrone said he has not spoken to anyone, including Williams, regarding the player's status.

- The coach has yet to say which foot Williams hurt, and how or when the injury occurred
- The Bills made a big splash in free agency in March 2012 by signing Williams to a six-year, \$100-million US contract.

I feel like I've tried to explain myself in how I handle injuries, OK? I've answered the questions, and you keep coming at me, all right?"

Marrone has been short on specifics since Williams complained of a sore foot and was held out of the team's training-camp-opening practice on Sunday.

THE ASSOCIATED PRESS

NHL. Pavelski gets in deep with Sharks

Joe Pavelski endured plenty of highs and lows during his first seven seasons with the San Jose Sharks.

Most notably, he saw his year end short of the Stanley Cup final every time. Not living up to expectations so often earned the Sharks a dismal reputation for losing in the playoffs.

"Every year we've come in, you've had that feeling that we can get the job done," Pavelski said. "We haven't turned that

All about the cup

"We haven't turned that corner quite yet."

Joe Pavelski on the Sharks' playoff hopes

corner quite yet."

"Yet" was the word that resonated for Pavelski, who on Tuesday signed a five-year, \$30-million US extension that keeps him with the Sharks through the 2018-19 season.

It was a deal the 29-year-old centre signed not only for long-term security but also because he believes this group can win a championship.

"To be a part of the core, to play those minutes, to be looked at like that, it's one of the big reasons why I believe this team can win," he said on a conference call with reporters. "It's because we've been there, we've learned, we've grown up as a group in a lot of ways."

THE CANADIAN PRESS



Joe Pavelski signed a five-year deal with the San Jose Sharks.

EZRA SHAW/GETTY IMAGES

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The 2014 Chevrolet Trax



ALL PHOTOS WHEELBASEMEDIA.COM

Review. True North, strong and free, with help from this little machine

MALCOLM GUNN
wheelbasemedia.com

Cross-border shoppers will tell you that the United States offers a greater selection of products than our home and native land. That might be true for some consumer goods, but it isn't necessarily so when it comes to automobiles.

For 2012, General Motors began importing the seven-passenger Chevrolet Orlando from Korea, eschewing the United States in the process. The same is true this year with the Mexico-built Trax. The supposed reason is that Americans want bigger and fancier automobiles and that Chevy's marketing types didn't want to risk cannibalizing sales of its larger Equinox. But with fuel prices currently on the ascendancy, perhaps GM is entertaining second thoughts.

In any event, Canadians in

2014 Chevrolet Trax

- **Type.** Four-door, front-/all-wheel-drive compact wagon
- **Engines (hp).** 1.4-litre DOHC I4, turbocharged (138)
- **Transmissions.** Six-speed manual, six-speed automatic (opt.)
- **Base price (incl. destination)** \$20,000

Interior & Technology

The 1LT adds air conditioning, heated outside mirrors, roof rack and aluminum wheels. Stepping up to the 2LT gets you a rear-vision camera with backup warning, six-way power driver's seat and Chevrolet MyLink touch-screen communications and infotainment system with a Bose premium audio package.

Fuel Economy

It garners 7.8 l/100 km in the city and 5.7 highway when connected to a six-speed manual transmission (standard with LS model), or 8.1/5.9 with the optional six-speed automatic that's fitted to the LT and LTZ. Other than fuel economy, the turbo 1.4 boasts an ability to run at full song using regular-grade fuel.

Compare



1 Nissan Duke
Base price: \$21,800



2 Mitsubishi RVR
Base price: \$21,700

Design

To avoid resembling a total box on wheels, the Trax's fenders bulge outward, the roofline slopes gently at the rear and the liftgate features wrap-around glass that has been dressed up with a spoiler-like hood.

search of a small wagon with space for five, available all-wheel-drive and with an aversion to gas pumps should find the Trax to their liking. At first glance it's a bit of a chunky monkey; the styling is a bit stubby in a Chevy-Spark-kind-of-way, except the Trax is considerably larger. It's also about 16 centimetres taller than Chevrolet's Sonic hatchback (both cars share the same platform).

The dashboard and control panel are attractive and uncomplicated, but front-passenger seating is on the cozy side

(this is a small wagon, after all). There's more shoulder room in back, but only if you limit the rider count to two. Luggage for four shouldn't pose a problem if everyone packs light, but with the rear seat folded there's stowage space for bulkier objects. The Trax's one and only engine choice is a 1.4-litre turbocharged four-cylinder borrowed from Chevy's Cruze and Sonic models that makes 138 horsepower and 148-pound-feet of torque. For an on-the-road price of \$20k, the LS covers just the basics, but has 10 airbags, including rear side-impact and

front-knee inflatables.

The premium LTZ gets dressed up with 18-inch wheels (16-inches are standard), leather-like seat coverings (heated in front), auto-dimming rearview mirror and fog lights. Major options, depending on the model, consist of a power sunroof, navigation and an oil-pan heater that would make sense for Prairie winters.

For an extra \$1,950, all-wheel-drive can be fitted to the 1LT, 2LT and LTZ. The system automatically engages when the vehicle accelerates from a stop to counteract torque steer

(the tendency for the vehicle to pull to the left or right when accelerating), but reverts to front-wheel-drive once the Trax exceeds five km/h. It also seamlessly redistributes power to the rear tires as needed when the fronts begin to lose traction.

General Motors isn't alone in importing products that our southern neighbours can't obtain (Mercedes-Benz and Kia do the same). But given the Trax's utility, all-weather capability and overall thriftiness, it might be only a matter of time before Chevy's little can-do wagon is given a star-spangled welcome.

Featured
Vehicle



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AVENGER**

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Lease offer example on a new 2013 Dodge Avenger 3.9% lease APR for a 48 month term. Bi-Weekly payment of \$125.00 with \$2900.00 down payment or equivalent trade-in. Includes freight and fees and no security deposit required. Lease based on a maximum of 15,000 km per year with excess charged at \$0.19/km. Total lease obligation is \$17,980. Total due on delivery \$3297.00

Horoscopes

Aries

March 21 - April 20

Immerse yourself in activities that keep both your hands and your mind occupied. If nothing else, it will distract you from issues you have been worrying about too much.

Taurus

April 21 - May 21

Important matters beckon today and you will need to be in the right frame of mind if you are to deal with them properly. With that in mind, try to avoid people who never seem to take life seriously.

Gemini

May 22 - June 21

Hopefully you have resolved your differences with certain people and everything is calm. If not, make the effort to patch things up now because you don't want to be bothered with petty things later this week.

Cancer

June 22 - July 23

If you have a good idea, act on it straight away. The longer you sit there wondering if it's really as good as you think it is, the more likely it is someone else will beat you to it.

Leo

July 24 - Aug. 23

A decision made in haste causes trouble, so stop and think about what you are about to commit yourself to. You may be eager to start something new but there's no rush.

Virgo

Aug. 24 - Sept. 23

The celestial cycle you are on at the moment is concerned mainly with your thought processes. Take time to look back over the past few months and evaluate honestly what you have accomplished.

Libra

Sept. 24 - Oct. 23

Don't try too hard to please people today, because chances are they will withhold their affection just to annoy you. You're a Libra, a cardinal sign, shouldn't they be pleasing you?

Scorpio

Oct. 24 - Nov. 22

Don't waste time arguing over minor details or trying to defend an opinion you could not care less about. It does not matter what's going on in the world. It matters only that yours is serene.

Sagittarius

Nov. 23 - Dec. 21

It is important that people in authority don't get the idea that you cannot be trusted. Whatever the temptation to embroider the truth may be today, you must be honest.

Capricorn

Dec. 22 - Jan. 20

Capricorn is supposed to be an ambitious sign but it seems the fire in your belly has been a bit weak. Don't worry, in a matter of days, you'll be scheming and fighting your way to the top.

Aquarius

Jan. 21 - Feb. 19

News you receive from a faraway source may be unwelcome but don't let it bother you. Better times are just around the corner and it won't be long before your present worries fade.

Pisces

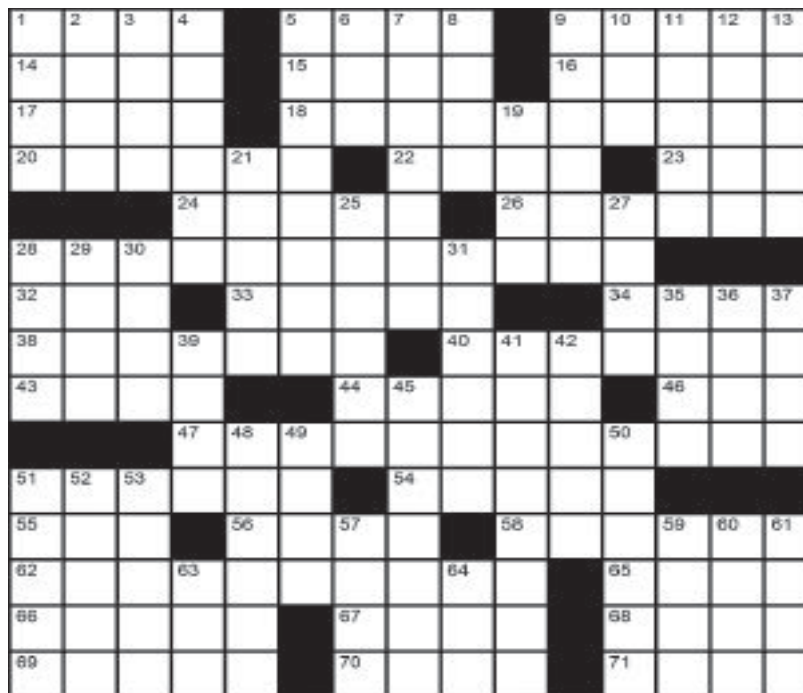
Feb. 20 - March 20

If someone needs your help today, drop what you are doing and give them the assistance they require. Go out of your way to support them. It will be worth the effort in the long term. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Rich earth
- Frances ___ (Judy Garland, originally)
- Savage
- Violinist, Camilla ___ (b.1842 - d.1902)
- Beneficial-to-skin plant
- Once ___ time...
- In ___ of (Replacing)
- Song versions
- Clear, as a drain with Drano
- Vegan's protein
- Converged
- Stage stuff
- Van Gogh flowers
- Alberta-Saskatchewan border city
- Archer's wood
- Kidney-related
- Dame ___ Te Kanawa (New Zealand opera star)
- Hybrid citrus fruit
- Viking ship crew
- 'Happy Motoring!' slogan
- Higher up
- Ms. Thurman
- Village in Manitoba
- Dish-cleaning aid
- Song line
- Atop, in verse



- Pinpoint
- Shrewd
- Sport for lumberjacks
- Biblical brother
- Dancing ___ (De-lighted): 2 wds.
- Silk: French
- Reality TV star Ms. Leakes
- Irish playwright, J.M. ___ (b.1871 -

- d.1909)
- They came marching two-by-two...
- Single-named Art Deco designer

Down

- "To Sir, with Love" (1967) actress/singer
- "...thunder, lightning, ___ rain?" (First Witch's query

- from Macbeth)
- "Hold on ___!" (Wait!)
- Like green-patched cheese
- Evil wizard in "The Smurfs 2" (2013)
- Diminutive suffix
- State bordering BC, AB and SK
- Beatles' "Love ___"

- Canadian electronics chain store, ___ Shop
- Prefix with 'dermis'
- Boards
- Year: French
- Wears well
- "___ ain't broke...": 2 wds.
- Command: French
- Ancient inhabitant

- of Crete
- Is a pain
- 'Electro' suffix
- Actress Ms. Thompson's
- Possesses
- '60s hit for The McCoys: "Hang on ___"
- American deejay Don
- Two notes to follow Do
- "___ little time..." (The quickest way)
- Wedding ___
- Norms
- Mr. Philbin
- 1,000,000,000
- Brush aside
- "Hud" (1963) actress Patricia
- High-___ fuel
- Alone activities
- Type of flower
- Phantom of the Opera's instrument
- Ingrid's "Casa-blanca" (1942) role
- 'Very', slang-style
- Camper's shelter
- Bit of The Band: "Virgil, quick, come see, there goes the Robert ___!"
- Manipulate
- Baby bug

Yesterday's Crossword

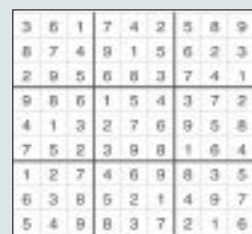


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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The bi-weekly payment is \$88 // \$140.66 // \$143.42 (includes \$1,495 // \$1,640 // \$1,640 freight and PDI, EHF tires (\$29), EHF filters (\$1), A/C levy (\$100 except Civic DX), and OMVIC fee (\$5)) with \$0 // \$0 // \$0 down payment or equivalent trade-in, \$0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is \$11,439.80 // \$18,285.35 // \$18,445.04. 120,000 // 120,000 // 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. *Limited time purchase finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Representative bi-weekly finance examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models on an 84 // 84 // 84 month term with 182 // 182 // 182 bi-weekly payments at 1.99% // 1.99% // 3.99% APR and \$1,600 // \$2,395 // \$1,750 Finance incentive and \$0 // \$0 // \$0 // \$200 customer incentive and \$431 // \$0 // \$0 individual dealer contribution deducted from the negotiated selling price before taxes. Finance incentive applies only to Finance contracts through HFS. Finance incentive, customer incentive and individual dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of \$16,970 // \$27,765 // \$25,765 (includes \$1,495 // \$1,640 // \$1,640 freight and PDI, EHF tires (\$29), EHF filters (\$1), A/C levy (\$100 except Civic DX), and OMVIC fee (\$5)). Excludes taxes, license, insurance, and registration. Cost of borrowing is \$1,077.28 // \$1,829.20 // \$3,519.44 for a total finance obligation of \$16,016.28 // \$27,199.20 // \$27,334.44. \$0 // \$0 // \$0 down payment required based on approved credit from Honda Financial Services Inc. *Limited time 0.99% APR lease offers on a new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) models for a maximum of 24 // 24 // 24 // 36 months available through Honda Financial Services Inc., on approved credit. 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Representative finance example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 48 month term at 0.99% APR and complete price of \$27,765 (includes \$1,640 freight and PDI, EHF tires (\$29), EHF filters (\$1), A/C levy (\$100) and OMVIC fee (\$5)). Excludes taxes, license, insurance, and registration, the monthly payment is \$590.20. Cost of borrowing is \$564.60 for a total finance obligation of \$28,329.60. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. *Bi-weekly lease available on all 2013 Honda models on 48 and 60-month terms only. *\$4,000 // \$4,000 // \$3,000 // \$2,500 // \$2,000 // \$1,500 // \$1,000 // \$500 customer cash incentive is valid on any new 2013 Honda Pilot // 2013 Honda Odyssey // 2013 Honda Ridgeline // 2013 Honda CR-V (except LX 2WD, model RM3H3DES) // 2013 Honda Crosstour // 2013 Honda Accord Coupe and Sedan (except LX Sedan 6MT, model CR2E3DE) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Honda Fit (except DX, model GE8G2DEX) models when registered and delivered between July 3rd and July 31st, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.